

Wash Your Hands

**Washing your hands is important!
It keeps you from getting sick.**



Wet your hands



Use lots of soap



Sing the ABCs while you wash



Rinse your hands with warm water



Dry your hands

When to wash your hands

- Before and after you eat
- After you cough, sneeze or use the bathroom
- Before you touch your eyes, nose or mouth
- After you touch dirty tissues or when your hands are dirty

Public Health Department
Santa Clara Valley Health & Hospital System

